

## Resources to Begin a Mind-Body Exercise Practice

### Before Beginning Mind-Body Exercise

Remember to consult with your primary healthcare provider before engaging in any new exercise regimen. You and your provider can determine what exercise is best for you and your current condition. Below, you will find resources to assist you in locating instructors and classes for each of the mind-body exercises we discussed in class. Enjoy!

### Yoga

Yoga instructors are not licensed by state or federal entities. Most yoga studios and gyms require that their instructors have completed at minimum a 200-hour Yoga Teacher Training approved by Yoga Alliance. Yoga Alliance offers a directory of registered yoga teachers and yoga teacher training schools through their website; however, local reviews of studios and gyms are often your best bet to find a class or studio that feels right for you. [The Yoga Alliance website](http://www.yogaalliance.org) is available at [www.yogaalliance.org](http://www.yogaalliance.org)

### Yoga Studios that serve the military

Increasingly, yoga studios are offering classes tailored to the unique needs of our returning service members. Resources for locating yoga teachers who are trained to work with military veterans or for finding studios that serve veterans include the following:

- Warriors at Ease brings the healing power of yoga and meditation to military communities around the world, especially those affected by combat-stress, Posttraumatic stress disorder and trauma. Find a yoga teacher and resources to support you and your family during and after deployment. The [Warriors at Ease website](http://warriorsatease.org) is available at <http://warriorsatease.org>
- Veterans Yoga Project offers classes for veterans, military service members, and service members' family and allies. Classes are taught by Registered Yoga Teachers who have received additional training from Veterans Yoga Project. A searchable directory of classes and teachers is available on their web site. The [Veterans Yoga Project website](http://www.veteransyogaproject.org) is available at [www.veteransyogaproject.org](http://www.veteransyogaproject.org)
- Yoga for Vets is an organization that consists of more than 500 yoga studios and gyms around the country that have committed to giving four free yoga classes to veterans. Founder Paul Zipes, a yoga teacher and veteran of the U.S. Navy, says offering free classes gives veterans a real chance to fall in love with yoga. The [Yoga for Vets website](http://www.yogaforvets.org) is available at [www.yogaforvets.org](http://www.yogaforvets.org)

### Tai Chi and Qi Gong

Similar to yoga, Tai Chi instructors are not licensed by state or federal regulations; although, instructors may complete extensive training prior to teaching classes. The

American Tai Chi and Qi Gong Association (ATCQG) offers an accreditation program for instructors and a directory of instructors certified by them to offer Tai Chi and Qi Gong instruction. A Tai Chi class locator is available on the [Supreme Chi Living website](http://www.americantaichi.net/TaiChiQiGongClass.asp) [www.americantaichi.net/TaiChiQiGongClass.asp](http://www.americantaichi.net/TaiChiQiGongClass.asp). Be sure to include your city and state in your search.

### For More Information about Mind-Body Exercises

To find classes near you, and to explore more about any of the practices before you begin, search the internet for *yoga for military*, and/or *Tai Chi and Qi Gong*, for more information about training and resources. Enjoy your practice and all good health to you!